

## How-To Have a Yoga Practice with Your Morning Coffee (or tea!)

by Rebecca Dennis of Laughing Bodies Yoga

Here's how to "Perk Up" with a no frills morning yoga practice!

### Instructions:

- If you like coffee or tea first thing in the morning, start the coffee pot or put the kettle on the stove and then find a spot at your kitchen counter.
- We'll stretch and move together for about five minutes.
- Then grab your coffee or tea and have a seat. We'll end with a short mediation.

### Bio:

Rebecca Dennis of Laughing Bodies Yoga has a 40-year yoga practice which incorporates many styles of Hatha and Vinyasa Yoga. Her approach is inspired by the belief that an inherent joy resides in us all and appeals to yoga beginners and experts alike. Formally trained in performing arts, Rebecca incorporates poetry, music, movement and humor to demystify esoteric teachings and make yoga more relevant in our present culture. Above all, Rebecca's methods are doable and practical. Young or old, lean or round, stressed out or laid back – ALL BODIES WELCOME! Visit: [www.laughingbodies.com](http://www.laughingbodies.com)